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Chicago Vegetarian April 1897

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Nuts are an essential constituent of a vegetarian's diet. In their natural state all nuts are difficult of digestion, and cannot be used by many persons. The undersigned have discovered a method of rendering nuts easily digested by the most delicate.

NUTTOSE. A pure product of nuts, of the consistency of cheese, having somewhat the appearance and flavor of cold roast mutton. May be used in various ways, being prepared similarly to meats.

BROMOSE. MAKES FAT and BLOOD. This is a product made by malting nuts, and is especially adapted to persons who cannot digest starch.

NUT BUTTER. A substitute for ordinary butter, presenting fat in the form of a perfect emulsion; combined with water, forms a delicious cream. Used for shortening of all kinds. A pure product of nuts can be eaten by those who cannot eat ordinary butter.

NUT CREAM. A delicate, delicious nut preparation, which, properly diluted, furnishes a delicately-flavored cream or milk. It resembles milk in appearance.

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Foods for Health.

These products are without a doubt the purest and most nourishing that can be secured.

GRANOLA.

Prepared by a combination of grains so treated as to retain in the preparation the HIGHEST DEGREE OF NUTRIENT QUALITIES. To eat without cooking. A delicious and distinctive flavor. Cooked and predigested. One pound more than equals three pounds of best beef in nutrient value.

GRANOSE. WHOLE WHEAT FLAKES AND CAKES

Crisp, appetizing and thoroughly cooked. Healthful to all mankind. Ready to serve.

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An unequalled Cereal Substitute for Tea and Coffee. A delightful drink equal in flavor to the finest of Mochas and Javas. Prepared by a thoroughly scientific process

For sale by all grocers. Prepared only by the

BATTLE CREEK SANITARIUM HEALTH FOOD CO.
Battle Creek, Mich.

Chicago Vegetarian

FIRST YEAR

CHICAGO . APRIL . 1897

No. 8

April Meetings.

The regular monthly meeting of the Chicago Vegetarian Society will be held on Tuesday evening, April 6th, at eight o'clock, at the Auditorium Annex, Club Hall A, Michigan avenue and Congress street (Congress street entrance). Mrs. Carrica LeFevre will speak upon "Vegetarianism."

The West Side Branch will meet Wednesday evening, April 14th, at eight o'clock, at People's Institute, corner of Leavitt and Van Buren streets. Mrs. Matilda Joslyn Gage will speak; subject, "The Influence of Food Upon Character."

The North Side Branch will have a business meeting Monday evening, April 19th, at eight o'clock, at Mrs. Bronson's home, 776 Larrabee street, near Lincoln Park.

F. E. GREENE,
Corresponding Sec'y.

Mathewson Temporary President.

Dr. E. H. Mathewson's paper on "A Physician's Idea of Vegetarianism," read at the March meeting of the Chicago Vegetarian Society, contained many good points and occasioned considerable discussion.

Because of the illness of the president, Dr. Mathewson was elected temporary president of the society. Dr. Rosa Conger was chosen recording secretary, to succeed Miss Francis, who had been called away from the city.

Interest in the west side vegetarian meetings does not abate. There was a large and intelligent audience at the meeting on Wednesday evening, March 10th. Mrs. Carrica LeFavre spoke upon "The Basic Principles of Vegetarianism," taking a metaphysical view of the subject.

ROSA C. CONGER, Secy.

Mrs. Annie Besant sailed from Liverpool for New York, March 11.

BASIC PRINCIPLES OF VEGETARIANISM

CARRICA LE FAVRE.

The food question is a very important one. Man's greatest cry is for food, and his first labor that of "bread winning." And it is a fact that he will cry for bread and will continue to win it by labor, and even then often starve so long as he sees it only in one of its aspects. There is more starvation for the lack of nutritive food than is generally known, or willingly admitted.



MRS. CARRICA LE FAVRE.

One fraction is not the whole unit, nor does it contain all the principles. One cannot always recognize the ladder of ascent by a single step that may be exposed to view. Let us then start from a correct and a rational premise, and our working of the problem will bring us intelligent conclusions. To be sure, it is better to hang on the outskirts of vegetarianism than not to be identified with it at all. Better to be on any step of the ladder for a time than to ignore the ladder altogether.

Progress is the law of substance and motion. All must unfold and in the same order, the rate only differing. This places us all on an equal basis before the great law.

other thing or condition, because he is manifesting in another fraction. And so it is seen that all do not seem equal, and yet in diversity there is unity. In unity there is beauty. And all goes to make up the golden stairs.

It is useless to dispute the fact that people can, up to a certain stage of unfoldment and consciousness, sustain life and health on a flesh diet. But on what plane are they? Intellectual they may be, but are they the highest in spirituality and purity? With what do they vibrate? Do they vibrate with the wave of divine love; to the accord of universal harmony? No. Then, plainly, there must be a higher, a better way.

To be subject to the conditions, environments and elements is not the noble destiny of man, but his error, or sin of ignorance. To feel one must eat in turn minerals, vegetables, animals, and even fellow-man is, it seems to me, not the noble purpose involved in man's origin. Man is not to slaughter, rob and devour the world, but to subdue, cultivate and replenish it. When man subdues the animal natures within himself, then the animals out yonder will be beautiful, and amiable, and gentle. When the swine of our nature is subdued, and rightly dealt with, there will no offensive swine out yonder confront us. When the song-bird of our nature is assigned its rightful place we shall not strain our purses nor jar our vibrations to perch the song-bird out yonder on our hats, nor take him as a delicacy on our toast.

But it requires education on the higher lines to convince people of the attractiveness and desirability, the goodness and humanitarianism of vegetarianism. Education along this line is no longer above the reach of the people. All may now have it. The field is ripening, and the laborers, too, are ready.

For Famine-Stricken India.

Editor CHICAGO VEGETARIAN: It seems to me that the vegetarians of America ought to raise a fund for the sufferers in India. They are the most consistent vegetarians in the world, and had rather die than sacrifice the life of any living thing.

MARY SMITH-HAYWARD.

The CHICAGO VEGETARIAN will be glad to receive donations for this worthy cause. All funds sent in will be forwarded through one of the Hindu representatives in this city, and due acknowledgement of subscriptions received will be given in these columns.

Who will head the list?

ODORLESS FRYING OVEN

and Grease Retainer. For kitchen. No. 8, family size, \$1.00. D. BROWNLOW, Stove Dealer, Middletown, Conn.

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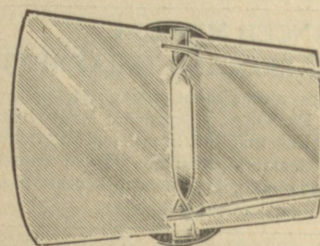
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cures chronic cases after the one idea method have failed. Distance no barrier. No poisoning. Free trial. Send for particulars. R. G. LAMONT, 68 St. James Pl., Brooklyn, N. Y.

SHALAM—Here an attempt is being made to found a system that will provide a new race, and to do this by means of the young and not with the adult. If interested, write "The Trustee for the Children Shalam," Dona Ana, New Mexico.

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REVOLVING GRIDDLE CAKE

Patented Nov. 26, 1895.

AND EGG TURNER

You press the handle; it turns the cake—A time-saver to busy housewives—Sent anywhere postpaid, on receipt of price—20 cts.—Agents wanted.—SNYDER BROS. CO., STA. Y, CHICAGO.

Of Interest to the Housewife.

According to Mrs. Mary E. Butters, who contributes the following recipe, the tomato soup made as directed is "delicious and needs no sugar."

TOMATO SOUP.

Boil a quart can of tomatoes with a pint of water for about an hour. Then put in level teaspoonful of soda. Let boil slowly until done fermenting. Season with little butter and salt, and pour in milk, or part milk and part water, sufficient to make the soup of the right consistency. Let it heat up and then add a little rolled cracker.

WHEATMEAL BISCUITS.

One lb. wheatmeal, 3 ozs. butter, 1/2 pint boiling milk, a pinch of salt.

Melt the butter in the milk and stir it, boiling into the flour. Knead it with both hands into a stiff paste. Roll out on a floured slab to a quarter of an inch in thickness, stamp into rounds with a small cutter, prick and bake on a floured tin in a quick oven.

OATMEAL BISCUITS.

Rub 2 ozs. butter into 1 lb. fine oatmeal, mix with water into a stiff paste. Sprinkle the slab with oatmeal and roll the paste out as thin as possible. Cut into shapes with a biscuit cutter and bake, on a floured tin, in a very slow oven.

HINTS.

A box of powdered borax should always be kept on the sink shelf. A little added to the water in which dish towels are washed will help much to keep them clean, and at the same time keep one's hands soft and smooth.

To test nutmegs: Prick them with a pin, and if they are good the oil will instantly spread around the puncture.

To clean brass gas fixtures rub them with cut lemons, and then wash them off in hot water.

A new kitchen utensil that ought to interest economical and tidy housewives is an odorless frying oven and grease retainer, manufactured by D. Brownlow, Middletown, Conn. It saves food, carries off disagreeable odors and keeps the stove free from grease. Illustrated circular will be sent to those who write, mentioning this paper.

Never was there a greater popular mistake than the notion that the whiter the bread, the better. Just the reverse is true. The mineral food elements in wheat are dark, and a flour containing them cannot be white. The

Fine Flour of the Entire Wheat



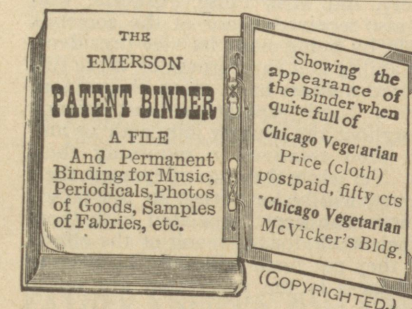
as ground by the Franklin Mills contains the full complement of brain, bone, nerve and muscle food. Lay aside old ideas—ask your grocer for it to-day, and be properly nourished.

If your grocer does not keep it send us his name with your order—we will see that you are supplied.

See that the Flour ordered bears our label; avoid substitutes.

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Franklin Mills Co., Lockport, N. Y.



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CHEAP READING

We are constantly receiving copies of leading vegetarian, humanitarian, health and scientific publications, and others likely to interest readers of this paper. Many of them are worth more than we ask for a single pound. Will send 1-lb. package to any address in U. S. or Canada for 10 cts.; 3 pkgs., 25 cts.

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